

Forklift Ergonomics 3: Seating

Posted in: Forklift Ergonomics

Did you know that professional drivers are at increased risk of back injuries such as disc herniations. (% higher?)
Can you guess why?

Two of the most common MSI risk factors (repetition and awkward posture) get some help from the vibration and shock that is transmitted through the seat and the steering wheel.

While it is difficult to change the amount of time that we drive, we can impact the amount of vibration and shock transmitted through the body and our posture.

Find the perfect fit and protect your body by doing a five-point check:

- 1) Make sure your wallet is out of your back pocket
 - 2) As you sit down, lean forward and shift your hips all of the way back in your seat. This helps to position your spine with the proper 3 curve alignment.
 - 3) Slide your seat forward so that your feet can rest comfortably and so that you the steering wheel is within easy reach and so that you can easily touch the pedals.
 - 4) Adjust your backrest so that it is tilted slightly backward (not vertical). Using the backrest reduces the amount that your core muscles have to work and reduce the stress on the back.
 - 5) If you have them, adjust your arm rests, your lumbar support and headrest to support your body.
- To minimize shock and vibration – slowing down is the key. You may not realize is that vibration and shock causes our core muscles to work harder, eventually fatiguing them. Fatigued muscles lead to even worse posture (think of a hockey player's technique at the end of triple overtime).



ERGORISK

This article was
written by ErgoRisk